




NORTHAMPTON PARKS & RECREATION

TEEN EXPEDITIONS

Session 2: July 2 - 6- TEST THE COMFORT ZONE



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>ORIENTATION HIKE @ Skinner State Park</p> <p>We will begin the week with ice breakers, games, a hike to the picnic area with lunch on top of Mt. Skinner, followed by leisurely swimming and relaxing at Musante Beach.</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>3</p> <p>MT. GREYLOCK</p> <p>This all-day hike leads us to the highest peak in MA! We will enjoy lunch with spectacular views!</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>4</p> <p>NO CAMP</p> 	<p>5</p> <p>AM BIKE TRIP & CHESTERFIELD GORGE Trip</p> <p>Bike ride to Growfood and Florence fields to partake in activities promoting healthy living, sports games, and other activities. After eating lunch there we will bike back to our buses at JFK and ride out to the Chesterfield Gorge for a leisurely hike and hopefully a dip to cool off in the river!</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> Bike & Helmet <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen 	<p>6</p> <p>SOARIN' INDOORS</p> <p>We will be traveling to New England's first indoor Aerial Adventure Center! All day adventure with different challenges & team-building!</p> <ul style="list-style-type: none"> <input type="checkbox"/> suitable shoes <input type="checkbox"/> swim gear <input type="checkbox"/> lunch <input type="checkbox"/> water <input type="checkbox"/> bug spray <input type="checkbox"/> sunscreen <input type="checkbox"/> waiver form

Calendar subject to change. You may call the office after 4:00pm at 587-1040 to check for delays

Please remember that camp is a cellphone-free space